



**San Ramon Valley Unified School District**  
**STUDENT SERVICES**  
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## **A Parent's Guide to Head Lice**

Dear Parents,

Head lice or nits have been reported at your student's classroom. This is a troublesome and recurrent problem. It is very important for you to inform us if your child has contracted head lice. Head lice can be a nuisance but they have not been shown to spread disease. We keep the child's name confidential. Children can return to school only after appropriate treatment of live lice has been started. Please review the following information:

### **What are head lice?**

- Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs or "nits", to hair so that the nits do not get brushed off.
- Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.
- Nits take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults.

### **Development of head lice:**



### **How do people get head lice?**

- Children can give head lice to other children when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items.
- Head lice are a problem in homes, day care centers, preschools, and elementary schools.
- Children are much more likely to get lice from family members and playmates than from classmates at school.

### **How do I know if my child has lice?**

If someone has head lice, their scalp will be very itchy. The only way to know if your child has lice is to look through their hair. Don't confuse dirt, dandruff, or hair gel with nits. Nits stick on the hair.

### **How can I get rid of my child's lice?**

#### Nit combing and removal:

- If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.
- Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.
- Metal flea combs found at pet stores may be used as well.
- The best way to remove nits is to part the hair in small sections. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. It is easier to comb wet hair.

- Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where nits are attached.
- Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears.
- Household pets DO NOT need to be checked.

**Treatments:**

Permethrin or pyrethrin products are the most active ingredients in most over-the-counter products. The best active ingredient is permethrin (found in Nix cream rinse).

**Very important treatment information:**

- Follow the label directions carefully.
- Do not leave the product on for a longer time than recommended. It will not kill the lice faster.
- Treat only people who have head lice.
- Each person with head lice needs a complete treatment. Do not split a single box of shampoo or rinse between people.
- Even after treatment, you should remove nits daily with a metal nit or flea comb until all nits are completely removed.
- Wait at least 7-10 days before treating someone for a second time if they still have lice.

**What if the treatment did not work?**

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed closely enough.
- The nits were not completely removed.
- The child got head lice again from a brother, sister, or playmate.
- Lice may not die right away.
- The problem was not lice.
- If permethrin or pyrethrin products do not work when used properly, you should talk to your doctor about the prescription for Ovide.

**There is no proof the following products work:**

- Vinegar
- Compounds that say they dissolve the glue on the nits "to ease their removal."
- Mayonnaise
- Olive oil
- Tea tree oil
- Lotions that "suffocate" lice

**Here are a few other things you can do to get rid of the lice or nits in your home:**

- Wash clothing and bedding in hot water (130 degrees); dry on a hot cycle for at least 20 minutes.
- Seal items such as stuffed animals and pillows in a plastic bag for 2 weeks to kill lice.
- Boil combs, brushes, hair bands, and barrettes in water for five minutes, or soak them in rubbing alcohol or Lysol for one hour.
- Vacuum carpets and furniture.

For additional information on head lice, please refer to the following websites:

- [www.cdc.gov/lice/head/schools.html](http://www.cdc.gov/lice/head/schools.html)
- [www.cdph.ca.gov](http://www.cdph.ca.gov)